

Cooper/Glimmerglass Fitness Centers

Group Exercise Class Descriptions

Athletic Attack – Looking to satisfy your inner athlete? Athletic Attack is a circuit based interval workout with a focus on athletic and plyometric based movements. All skill levels welcome.

Arms & Abs – The name says it all! A 45-minute class dedicated to toning your abs and entire upper body.

BGT (Butts, Guts, & Thighs) – This class is designed to isolate those hard to tone muscle groups ...your butt...your gut...and your thighs! Learn to use different equipment and your own body weight to strengthen and tone your core and lower body.

Circuit Sculpt - A complete body workout based around circuit training to keep you moving and motivated. This class will hit all major muscle groups while keeping that heart rate up.

Indoor Cycling –A high energy class with great music and motivating instructors guiding you through various sprints, climbs, and flats. You'll be sure to burn plenty of calories with this fun and upbeat bike workout. Open to all, regardless of cycling experience. Seats are limited so be sure to arrive early! (books open 15 min before class time)

Cross-Cycle – Not your traditional cycling class, Cross-Cycle is a total body workout. Be prepared to be jumping on and off the bike, utilizing the basics of indoor cycling classes while adding in HIIT exercises to be sure to build endurance and strength!

Kickbox Conditioning – This class blends aspects of martial arts with an intense cardio workout and full body exercises to help you work up a sweat and relieve some stress!

Ultimate Abs – This 30-minute class exclusively hits abs, obliques and lower back muscles incorporating elements of cardio. You will be in an out in no time with a tighter core.

10•10•10– Toning (10) + Cardio (10) + Yoga (10) = 30 minutes for a quick and effective work out!

Yoga – All skill levels welcome at any style class!

- **Vinyasa Yoga** - This class will be most similar to classes we've offered in previous semesters, including all your favorite poses and fluid transitions.
- **Mobility Yoga** - This fun class will focus on flexibility and balancing poses, introducing inversions and arm balances!
- **Undo & Renew Yoga** - Stressed out? Having trouble focusing? We'll take things slow with this class and you'll leave feeling refreshed and restored!

Zumba – Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.